



CAREER
DEVELOPMENT
OFFICE

Résumé and Letter Guide

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Résumé Basics

There is no one right way to create a résumé. Preparing a thoughtful and effective résumé takes time, so do not expect that you can come up with your best one the night before it is due. It is not a complete history; it highlights qualifications for a specific audience. Part of creating a résumé is about personal preference. You will want to choose a look that best fits your preferences. Still, there are some general guidelines that you will not want to ignore:

Length	<ul style="list-style-type: none"> • 1 page is the standard length for undergraduate students • 2 pages may be acceptable under some special circumstances
Margins	<ul style="list-style-type: none"> • Keep your TOP/BOTTOM margins and LEFT/RIGHT margins consistent • No less than 0.5” and no more than 1.0”
Font	<ul style="list-style-type: none"> • Size: Use 10-12 point (your name should be bigger, but not more than 16 point) • Type: Use a professional-looking font such as Book Antiqua, Helvetica, Palatino, Garamond, Calibri, Cambria
Category Headings	<ul style="list-style-type: none"> • Divide your résumé information into clearly labeled sections • Left justified (preferred) or centered • Bold, POSSIBLY ALL CAPS (preferred) • May include a bottom border line
Paper	<ul style="list-style-type: none"> • Laser print your résumé on quality 8.5 X 11 inch bond paper that is white or off-white
Bullets	<ul style="list-style-type: none"> • Does not have to have complete sentence structure • Use either ▪ or •. Avoid dashes, arrows, and check boxes • Each bullet should provide specifically the results of your work/accomplishments and/or what you did • Quantify your accomplishments with numbers, if applicable
Tables/Text Boxes	<ul style="list-style-type: none"> • Avoid these and other complex formatting, as they may make your résumé difficult to scan for keywords or harder to manipulate when revising
Spacing	<ul style="list-style-type: none"> • Include white space between the sections of your résumé
Dates	<ul style="list-style-type: none"> • List dates in the same margin/manner consistently • Place dates on the right side of page • Include months and years for each experience • Be consistent with how dates are formatted
Typographical Emphasis	<ul style="list-style-type: none"> • Keep it nice, clean, and simple • Do not use too many <i>italics</i>, CAPS, bold, <u>underlines</u>, indentations, columns
Name and Contact	<ul style="list-style-type: none"> • Name is first and at the top of résumé, centered or justified to left or right • Name font should be larger than the rest of your résumé • If you have a preferred name, include it in parentheses between your first and last • Full address is not needed, may include City and ST for location reference • Contact info can be on one line, separating address, phone, and email with bullets
Résumé/CV Order	<ul style="list-style-type: none"> • Résumés/CV are typically in reverse chronological order (starting with most recent) • Most relevant experience should be closer to the top even if it is not most recent
Email Delivery	<ul style="list-style-type: none"> • Résumés and cover letters are often sent via email. Turn your cover letter and résumé into one PDF file Create a quick, professional email that states you have attached your résumé and cover letter In subject line of email, put information that will easily identify your email, perhaps name and “résumé”, i.e. “Sarah Sagehen” or position to which you’re applying

Résumé Content

Categories	Essentials	Tips
Essential Categories		
Contact Information	Name (14-16 pts), address (at least city/state), phone #, school email, and web address or customized LinkedIn address	Be sure email address and your phone's voicemail greetings are "employer appropriate." Remember to set up your voicemail
Education	Name of school, degree earned or seeking (i.e., BS, BA), major and minor, expected graduation date (month and year), GPA (if required or if above 3.5), and thesis (if you have one)	List highest degree first. Include study abroad. High school should be omitted after sophomore year (or earlier)
Experience	Job title, company name, location (city, state), dates of experience, bullet points describing your actions, skills, and accomplishments	May include any type of experience: paid and unpaid positions, internships, military service, volunteer, leadership – anything you've done that is relevant to the position you're seeking
Additional Categories (include only those that best represent your qualifications for the opportunity):		
Skills	Categorize the relevant skills you possess Categories may include: Languages, Computer, Laboratory	List only the skills you can perform with little or no supervision. State your proficiency level with languages and programs (fluent, advanced, proficient, intermediate, basic, exposure to, etc.)
Relevant Coursework/Projects	List course titles (not numbers of relevant courses in order of relevance. If a lab, include (Lab) after title	May be listed separately or as a subsection under Education
Honors and Awards	Can include academic honors, awards, and scholarships	May be listed separately or as a subsection under Education. Include the date or # of semesters received
Create Your Own Targeted Heading(s)	Instead of a general EXPERIENCE section, consider creating headings to clearly demonstrate that you have experience relevant to what the employer is seeking	Examples may include: Management Experience, Leadership Experience, Marketing Experience, Relevant Experience, etc.
Research	List the research project, department/lab/organization name, dates, and description of the project, methods, and findings	Use same format as EXPERIENCE section
Publications	Cite publications using the correct format for your discipline (MLA, APA, etc). Bold your name.	Identify if still in submitted status. May also indicate if peer-reviewed
Leadership	List office(s) held, organization, dates, and a brief description of accomplishments	Use same format as EXPERIENCE section
Activities/Volunteer	List membership in any clubs, sports, or community service experiences	Depending upon the depth of your involvement may include a description
Certifications/Licenses	List if applicable to the position or field	(i.e., CPR, life-guarding, CompTIA A+, National Certified Counselor, etc.)

Do Not Include:		
References	Do not state “References available upon request,” as this is assumed	Type your Reference list on a separate page
Personal Information	In the U.S., it is inappropriate to include marital status, citizenship, date of birth	
Pictures	Do not include a photo of yourself for most résumés	May be appropriate for an acting or modeling position or if applying for a job in a country in which it is customary to include a photo

Résumé Suggestions – Dos and Don’ts

There are no absolutes in résumé writing. Here are some suggestions of what to do and what not to do:

DO...

1. Do use your Pomona College email address.
2. Do be positive – convey confidence in abilities and experience.
3. Do stick to the facts - be accurate.
4. Do support bullet points with consistent data throughout résumé.
5. Do begin bullet points with action verbs.
6. Do use numbers, percentages, or amounts of money whenever possible/appropriate.
7. Do tailor your résumé as closely as possible to the specific job, function, industry, and organization of interest. Use the same key words from the job description in your résumé.
8. Do proofread! Proofread! Proofread!

DON'T...

1. Don’t use a summary of qualifications or an objective
2. Don’t use technical jargon, wordy sentences, or personal opinions. Avoid abbreviations unless they are well-known throughout your intended industry.
3. Don’t write that you received an award/scholarship that would be unfamiliar to the general public or is specific to your school/location without briefly explaining what it is.
4. Don’t use your high school experience unless you are a first year student or sophomore OR that experience is integral to what you are using the résumé for.
5. Don’t bury your most significant and relevant experience at the very bottom of the résumé even if it belongs there due to reverse chronological order. Create a “Relevant Experience” section and put that closer to the top of your résumé. Since each section should be in reverse chronological order, this will allow relevant information to be closer to the top even if it wasn’t your most recent experience.

Make your name the most prominent piece of information at the top.

CECIL SAGEHEN

Claremont, CA 91711 • (909) 555-4747 • cecil.sagehen@pomona.edu

EDUCATION

Pomona College – Claremont, CA
Bachelor of Arts, Undeclared
GPA: 3.6/4.0

Expected May 2023

Use consistent format within education section; convert Pomona GPA to 4.0 scale

James A. Garfield High School – Seattle, WA
Graduated Valedictorian
GPA: 4.0/4.0

May 2019

Honors & Awards: National Honor Society ('18, '19), AP Scholar with Distinction ('18, '19)

EXPERIENCE

Use consistent, easy to read format for each experience; **bold** position

Office Assistant
Pomona College Career Development Office

October 2019 – Present
Claremont, CA

- Provide clerical support for the Office Manager
- Assist Career Counselor with overseeing the CDO print and online Library
- **Contact** potential employers inquiring about internships and full time positions for Pomona College students

Bullet points help guide readers' eyes

Lifeguard
Sand Point Country Club

Summers 2017 – 2019
Seattle, WA

- Monitored swimming areas for rule violations and drowning victims
- Assisted in maintaining pool facilities and recreation areas surrounding pool areas
- Supervised entertainment activities sponsored by country club
- Attended training courses and maintained CPR certification
- Taught summer swimming classes to children ages 5 to 10

Appropriately uses numerical figure to provide scope of work

Yearbook Editor-in-Chief
Garfield High School

September 2018 – May 2019
Seattle, WA

- Led design and publication teams from initial layout through finished product
- Contacted and secured revenue from 30+ local businesses through yearbook advertisements
- Contributed stories and photographs included in the Senior Section
- Solicited feedback from students and teachers through surveys and interviews regarding sections to include in 2018 Yearbook
- Yearbook won 1st place in state competition for **best overall design**

Good use of action verbs to describe duties and accomplishments

ACTIVITIES

- Member, Pomona College Choir (Fall 2019 – Present)
- Volunteer, Big Brother/Big Sisters
- 1st degree black belt, Tae Kwon Do

Student highlights a resulting outcome of the experience

Overall format - easy to read, strikes a visual balance between text and empty space with margins

Patrick Pomona

Chicago, IL 60632 • (872) 555.1212 • patrick.pomona@pomona.edu

EDUCATION

POMONA COLLEGE
Bachelor of Arts, Undeclared

Claremont, CA
May 2023

HONORS

QuestBridge Scholar 2019-2023—handpicked from a pool of over 15,000 applicants for recognition as a qualified potential candidate for the most rigorous and prestigious academic programs at the top universities in the country.

Chicago Scholar—handpicked from a pool of over 10,000 applicants for personal support throughout the college process, admitted to Cohort 22.

PROFESSIONAL EXPERIENCE

CHICAGO LAWYERS' COMMITTEE FOR CIVIL RIGHTS UNDER LAW

Chicago, IL

Intern for Education Equity Project

Summer 2019

- Collaborated with Staff Attorney and Project Coordinators on disrupting school-to-prison pipeline in Chicagoland area schools.
- Analyzed Chicago Public Schools' Discipline Data.
- Assisted in the interviews and transcription of school administrators reporting on legal reforms of school discipline as sponsored by the Collaborative through Illinois Senate Bill 100.

HARVEY MUDD COLLEGE

Claremont, CA

Upward Bound Academic Coach, College Mentor

Sept 2019-Present

- Tutored first-generation, low-income high school students from Los Angeles County in variety of subjects to improve grades.

OFFICE OF HARRY OSTERMAN, ALDERMAN 48TH WARD CHICAGO

Chicago, IL

Assistant to the Alderman

Summer 2018

- Organized and executed youth programs for the Edgewater neighborhoods, including but not limited to: Night Markets, Edgewater Night Out.

BALTON CORPORATION

Chicago, IL

Chicago Office, Clerk & Assistant to the CEO

Summer 2017

- Collaborated with CEO and Company President to process and arrange electronic invoices, warehouse stock, and corporate expenses.
- Structured company's financial data and expenses on Excel spreadsheets; documented business's QuickBooks Pro accounting services.

LEADERSHIP and COMMUNITY EXPERIENCE

CLAREMONT STUDENT-WORKERS ALLIANCE

Claremont, CA

Officer, Treasurer, Organizer

August 2019-Present

- Organized meetings and built relationships with housekeepers, groundskeepers, dining hall workers of the Claremont Colleges.

WITNESS FOR PEACE- CUBA DELEGATION

La Habana, Cuba

Maroon Roots and Revolutionary Cuba Today, Delegate

March 2019

- Explored the history of the Cuban Revolution and its accomplishments; Visited schools, museums, cultural and historical sites.
- Examined Cuban national priorities, such as universal education and healthcare.
- Discussed the African Diaspora in Cuba and African spirituality throughout La Habana.

HARVARD UNIVERSITY-KENNEDY SCHOOL OF PUBLIC POLICY

Cambridge, MA

2019 Public Policy and Leadership Conference Participant, Class of 2019

February 2019

- Selected for cohort of 73 from over 822 applications and 220 different schools to experience graduate school environment in public policy, workshops, distinguished speakers, and exposure to public service; full-scholarship and expenses provided by host institution.

LANGUAGE SKILLS

Native Spanish speaker with official completion of the Seal of Bi-literacy.

Sadie M. Sagehen

sadie.m.sagehen@pomona.edu | 305.747.4747

Permanent Address:
Miami, FL 60629

Campus Address:
Claremont, CA 91711

EDUCATION

Pomona College, Claremont, CA

Bachelor of Arts, Undeclared

May 2023

- Posse Foundation Leadership Scholarship (2019-2023)

John Hancock College Preparatory High School, Miami, FL

June 2019

- GPA: 4.64/4.0

EXPERIENCE

Star 47 Annual Giving Fund, *Caller Agent*, Claremont, CA

Sept 2019 – Present

- Solicit gifts and donations to support the college fund
- Inform alumni about events held on campus and in their area
- Answer broad ranging questions about the college and programs

The Student Life Newspaper, *Associate Editor*, Claremont, CA

Sept 2019 – Present

- Edit sports articles on a weekly basis
- Review articles for grammatical edits and to maintain consistent aesthetic formatting

Mikva Challenge Foundation, *Public Health Intern*, Miami, FL

Feb 2019 – May 2019

Public Health Peer Mentor

Sept 2018 – May 2019

- Represented Teen Health Council and facilitated health workshops in Chicago and Louisiana
- Reviewed health grants applications and assisted in revisions
- Collaborated with other teens to organize and host a Health Summit for 60 high school students

Action-Research Summer Internship

June – Aug 2018

- Evaluated and researched root causes to teen health issues in Miami
- Contributed creative solutions to issues incorporating digital tools
- Trained high school students on how to administrate school health clubs

Student Judge Project (Poll Worker)

Feb 2017

- Managed poll book and e-poll book
- Provided assistance for non-English speakers

After School Matters, Miami, FL

Oct 2017 – Dec 2018

Chicago Opera Theater for Teens Program Member

- Studied vocal technique and musical theater staging and production
- Performed at social, promotion, and fundraising events

ACTIVITIES

Volunteer Tutor, English as a Second Language (ESL) Program

Sept 2019 – Present

Vice President, Math Team, John Hancock High School

Sept 2018 – May 2019

Volunteer, Youth Guidance, John Hancock High School

Sept 2017 – May 2018

SKILLS

Fluent in Spanish; Proficient in Excel, PowerPoint, Prezi, and RuffaloCODY

SYDNEY K. SAGEHEN

Troutdale, OR 97031
 sydney.sagehen@pomona.edu 503-747-4747

EDUCATION

- Pomona College**, Claremont, CA
 Bachelor of Arts, Neuroscience Expected May 2022

- De La Salle North Catholic High School**, Portland, OR
 Valedictorian, GPA 4.0 June 2018

EXPERIENCE

- Customer Service Specialist**, Regal Entertainment Group, Gresham, OR Summer 2019
 - Managed, organized and stocked inventory to increase employee efficiency and performance
 - Provided friendly service to patrons and a clean space for a comfortable entertainment experience
 - Relayed patron grievances and praises to managers in order to improve customer satisfaction

- Media and Client Relations Assistant**, Trimet, Portland, OR September 2018 – June 2019
 - Managed contact database for over 200 employees to increase efficiency in client communications
 - Created media presentations for company homepage to inform employee's about company events
 - Consulted with patrons to evaluate satisfaction with services in effort to improve service quality

- Research Intern**, Methamphetamine Abuse Center, Portland, OR Summer 2018
 - Conducted research studying effects of Methamphetamine on the genetic behavior of mice
 - Assisted with extraction of mouse DNA for quantitative analysis for overlaying research project
 - Recorded experiment information in real time to hasten the review and publication process

LEADERSHIP EXPERIENCE

- **Volunteer**, Multnomah Library Summer Reading Program Summers 2015 – 2018
- **Table Leader**, Backpack Lunch Program MLK Day January 2015 – 2018
- **Team Manager**, De La Salle North Catholic Track Spring 2017
- **Student Leader**, Multnomah Education Service District Outdoor School Spring 2016

ACTIVITIES AND SERVICE

- **Volunteer**, Northwest Children's Outreach January 2015 - Present
- **Volunteer**, Door to Grace Key to Free Event Springs 2015 – 2017
- **Student**, Aikido Jujitsu January 2012 – December 2017
- **Gold Pin Recipient**, National Guild of Piano Auditions May 2015 – August 2017
- **Oregon Delegate**, United Nations Pilgrimage for Youth Summer 2016
- **Student Ambassador**, People to People Europe Summer 2013, China Summer 2015

AWARDS

- **National Honor Society** January 2018
- **Outstanding Spokesperson for Freedom**, Veterans of Foreign Wars Regional June 2016
- **Summa Cum Laude**, De La Salle North Catholic Deans List June 2018

SARAH A. SAGEHEN

Brooklyn, NY 11221 • 909-621-8144 • Sarah.Sagehen@pomona.edu

EDUCATION

Pomona College, Claremont, CA
Bachelor of Arts in Media Studies

May 2022

Brooklyn Preparatory High School, Brooklyn, NY
Graduated Valedictorian

June 2018

- National Honor Society, Principal's Honor Roll, QuestBridge National College Match Recipient, QuestBridge College Prep Scholar, Quest for Excellence NYC Award winner

RELEVANT EXPERIENCE

Brave New Films, Culver City, CA
Post-Production Intern

June 2019 – August 2019

- Reviewed, edited, and provided creative input on audio/video content for film projects and promotional videos
- Investigated and relayed critical information about organizations and individuals that will be the focus of campaign projects and featured films

Claremont Colleges TV, Claremont, CA
Editor/ Boom Operator

September 2018 – Present

- Edit video footage and audio footage for select shows including *Hidden Gems* and *Far From The Tree*
- Enhance sound capture to complement video footage using a boom microphone and other sound equipment

Claremont Colleges Screenwriting Guild, Claremont, CA
Writer

September 2018 – Present

- Collaborate with other screenwriters on group screenplays and writing projects
- Engage in weekly discussions about the writing process and format/style of famous screenplays

ADDITIONAL EXPERIENCE

Pomona College Career Development Office, Claremont, CA
Employer Relations Intern

January 2019 – Present

- Research, brainstorm, develop and recommend strategies for increased employer participation on campus
- Initiate and maintain employer information database and liaise with employers interested in posting jobs/internships

Kirkland & Ellis LLP, New York, NY
Case Assistant Intern

October 2017 – August 2018

- Revised and organized deeds, trusts, and acquisitions for real estate attorneys
- Aided Legal assistants with pro-bono cases centering around domestic disputes and divorce

DoSomething.org, New York, NY
High School Intern

September 2016 – December 2016

- Designed banners and packaged hundreds of promotional items for Human Rights and Anti-Bullying campaigns
- Assisted in managing DoSomething.org's website, answering text messages, and responding to emails from people seeking help or information from the organization

American Diabetes Association, New York, NY
High School Intern

November 2015 – May 2016

- Organized health-care data, made phone calls, and package over 100 promotional items for New York EXPO

SKILLS

- Proficient in Microsoft Office and Adobe Acrobat, proficient in Spanish
- Knowledgeable with Social Media networks, familiar with Adobe Premiere Pro, Photoshop, and Audacity

Sophia Sagehen

Claremont, CA 91711, USA • +1(909) 555-1212 • sophia.sagehen@pomona.edu

EDUCATION

Pomona College, Claremont, CA

May 2022

Bachelor of Arts in Econometrics and Quantitative Economics, minor in Cognitive Science, Cumulative GPA: 3.64/4.0

- Honors and awards: UWC Davis Scholar; Pomona College Scholar for Outstanding Academic Performance; Pomona College Internship Program Award Recipient; SMART START Career Fellow
- Certificates: CFA Investment Foundations, TESOL, TEFL, Pomona College 4/7 Leadership
- Relevant coursework: Independent Study in Investment Foundations, Economics Statistics, Economics of Gender and Family, Introduction to Computer Science, Organizational Psychology

EXPERIENCE

Unovator Junior Enterprise, Claremont, CA

January 2019 - Present

Founder and CEO

- Launched the first Junior Enterprise in marketing and Public Relations at the Claremont Colleges
- Assist an international firm (Gotoco) to get extensive marketing at elite colleges across the USA
- Finalize terms of business with one Singapore firm and one Australian firm for the next semester projects
- Collaborate with a classmate to construct a local chicken factory in Ghana
- Working with two local organizations to help them be better seen on college campuses

Information Technology Service (ITS) Pomona College, Claremont, CA

January 2019 - Present

Student Consultant Supervisor

- Offer front-end customer support and train new employees who are hired as IT Consultants
- Solve arising issues with gadgets and offer computer support; promoted to Supervisor position in 2018
- Took initiative to be part of the Printer Team, responsible for maintaining all printers on campus

5C LEGO Club, Claremont, CA

November 2018 - Present

Founder and President

- Formed a team of 4 like-minded people to start the first Lego-related club at the Claremont Colleges
- Organize on-campus and off-campus events to promote creativity, sense of taste and imagination

The American Chamber of Commerce, Singapore

May 2019 - July 2019

Public Affairs and Social Media Intern

- Developed daily social media posts (LinkedIn, Twitter, Facebook), graphics, and calendars to standardize and strategize content promotion, increasing followers by 10%
- Performed daily media monitoring (local and regional press) to analyze trends and current affairs
- Initiated projects such as collection and organization of intern surveys and digitized employer feedback to interns

Gould Asset Management, Claremont, CA

January 2019 - May 2019

Investment Intern

- Assist supervisor in performing research to select funds to best meet client short and long term financial goals
- Analyze impact of Socially Responsible Investing on financial gains by gathering information from a variety of sources

SKILLS

Languages: English (proficient), Russian (native), Tatar (conversational), Spanish (intermediate)

Technical skills: Google Suite, Morningstar, Basic Java, Adobe Suite, SketchUp, WeChat

PALOMA POMONA

paloma.pomona@pomona.edu

(773) 747-4747

www.linkedin.com/in/palomapomona

EDUCATION

Pomona College- Claremont, CA

May 2021

Bachelor of Arts in Public Policy Analysis

- Pomona College Scholar 2019
- *Related Coursework:* Abnormal Psychology, Statistics, Developmental Psychology, Social Psychology, Public Policy Analysis, Advanced French, Micro/Macro Economics, Research Methods and Design

EXPERIENCE

Alderman James Cappleman- Chicago, IL

Summer 2019

Aldermanic Intern

- Addressed constituent concerns, updated website, and welcomed guests to the office
- Provided informed, thoughtful opinions and ideas to promote productive ward advancement
- Analyzed key issues that affect the ward, specifically public safety, by coordinating with the Chicago Police Department and local community members

Stratecon- Claremont, CA

Jan – May 2019

Public Policy Intern

- Researched key public policy issues regarding water resources in the US and Mexico
- Identified relevant information, wrote stories, edited copy, and posted to Journal of Water
- Engaged in blogging activity on Stratecon's Hydrowonk Blog

Los Angeles Police Department- Los Angeles, CA

Feb – Oct 2018

Criminal Analyst Intern

- Analyzed monthly crime rates to compile crime maps for LA County
- Managed and utilized confidential information for professional and analytical purposes
- Assisted with data mining, geo-profiling, and suspect identification and received inner departmental training on technology programs such as Palantir and Rigel

CO-CURRICULAR ACTIVITIES

Basketball Team, Pomona College, *Co-Captain, Point Guard*

Sept 2017 – Present

- Able to work as a team player and leader towards a common goal
- Cooperative yet competitive skills implemented

Mentor, Claremont After-School Programs, Inc.

Sept 2018 – May 2019

- Provided academic guidance and personal mentoring for academically at-risk children
- Assisted in individual tutoring, recreational activities, and field trips

Teacher's Assistant, Oakmont Public School

Jan 2018 – May 2018

- Assisted with classroom lessons and conducted individual tutoring sessions for 3rd graders
- Graded student work and organized classroom space

LANGUAGE SKILLS

French (advanced), Spanish (intermediate), and Sign Language (conversational)

EDUCATION

Pomona College, Claremont, CA
 Bachelor of Arts, Sociology and Public Policy Analysis (double major) Class of 2021

School for International Training, Rabat, Morocco
 Multiculturalism & Human Rights, Study Abroad Summer and Fall 2019

- Independent Study: *“An Analysis of Morocco’s 2015 Regularization Policy for Irregular Migrants”*

Princeton University, Woodrow Wilson School of Public and International Affairs
 Fellow, PPIA Junior Summer Institute Summer 2018

HONORS

Best ID1 Paper Prize: One of 3 first year students recognized by Pomona College Fall 2017
Quest Scholar: Awarded to promising low-income students identified by QuestBridge 2017-2021

EXPERIENCE

Draper Center for Community Partnerships, Claremont, CA
 Student Service Coordinator Aug 2017 – present

- Collaborate with departments to plan and coordinate outreach events for high school students
- Recruit, manage, and train 30 volunteers to improve literacy and math skills of 55 underserved students at two local elementary schools
- Establish and strengthen partnerships with community organizations to facilitate a week-long alternative spring break for 14 college students

U.S. House of Representatives, US Congressman Ed Pastor, Washington, D.C.
 Congressional Hispanic Caucus Institute Intern June – Aug 2019

- Organized and responded accordingly and promptly to daily constituent mail
- Supported Legislative team projects including writing constituent letters and policy briefs

Breakthrough Collaborative, Santa Fe, NM
 Teaching Intern June - Aug 2018

- Modified and executed daily lesson plans to teach 7th grade math to 15 students
- Developed and implemented an original “History of Civil Rights” social justice elective

New Global Citizens, Claremont, CA
 Team Mentor Aug 2016 – May 2017

- Guided 5 high school teams through various fundraising events for their international cause
- Communicated updates with corporate office through consistent social media posts

ACTIVITIES

English as a Second Language Program, Volunteer Tutor Feb – May 2019

- Worked weekly with a Pomona College staff member to improve their English language skills

QuestBridge Scholars Network, Pomona College, Mentoring Co-Leader Aug 2018 – May 2019

- Planned events for low-income college students to build a supportive community

Residential Housing Staff – Pomona College, Sophomore Sponsor Aug 2018 – May 2019

- Worked with first-years to provide assistance and advocate self-awareness in a public space

Improving Dreams, Equality, Access, and Success, First-year mentor Aug 2018– May 2019

- Met weekly with undocumented first-year students to provide support with their college transition

LANGUAGE

Fluent in written and conversational Spanish and working proficiency in French

Peter Pomona

Atlanta, GA • 706-647-4747 • peter.pomona@gmail.com

Education

Pomona College, Claremont, CA

Bachelor of Arts in History and Politics

May 2021

- GPA: 3.8/4.0

Washington Program, Claremont McKenna College, Washington, DC

Fall 2019

Relevant Experience

Digital Intern, Stacey Abrams for America, Atlanta, GA

June-Aug 2019

- Created opposition research database for email team; wrote email drafts; assisted email production
- Polled donors and non-donors and analyzed data; drove senior staff
- Researched Stacey Abrams' life, creating a calendar to inspire and plan social content

Research Associate, Congressional Research Service, Washington, D.C.

June-Aug 2018

- Initiated and created new Excel spreadsheets for report on hundreds of Congressional caucuses, which captured more data and reduced 2 months of work to 1 month
- Analyzed cybersecurity information-sharing bills in collaboration with a non-partisan economist

Intern, House Energy and Commerce Committee, Washington, D.C.

Jan-May 2017

- Produced daily news update for Commerce, Manufacturing, and Trade subcommittee staff
- Composed questions Representatives asked in hearings about data breaches with Target's CFO
- Wrote memos on policies, current events, briefings, and hearings; assisted confidential investigations

Other Experience

Lead Writing Fellow, Pomona College Writing Center, Claremont, CA

Apr 2018-Present

- Tutored students to improve quality of analysis in academic writing
- Evaluated as helpful and friendly by 100% of students after 150 one-on-one consultations

V.P. of Finance and Development, Pomona Student Union, Claremont, CA

Sept 2018-May 2019

- Planned and led weekly team meetings on strategy and operations for 35 events annually
- Produced 5 debates and panels; produced highest turnout of the year
- Managed budget; recruited, selected, and mentored new members

Business Development Intern, Eos Energy Storage, New York, NY

May-Aug 2017

- Published the first magazine story for Eos in *Mining & Power*; helped win \$1 million grant
- Initiated website redesign, edited press releases, managed social media, assisted CEO's TV interviews

Skills and Interests

- Software Experience: NGP VAN, Excel, Python, Salesforce, LexisNexis, PowerPoint, Photoshop
- Spanish (working proficiency)
- Outdoor Leadership: Co-led a 4-day backpacking trip for 16 new students during orientation

SALLY SAGEHEN

sally.sagehen@pomona.edu • (123) 456-7890 • Claremont, CA 91711

Résumé Example #10
Class of 2020

EDUCATION

Pomona College, Claremont, CA

May 2020

Bachelor of Arts in Mathematics with focus in Statistics; GPA: 3.5

- Relevant Coursework: Algorithms, Computational Statistics, Principles of Computer Science, Statistical Theory, Statistical Methods for Clinical Trials, Time Series, Combinatorics, Probability, Real Analysis I

TECHNOLOGIES AND LANGUAGES

Technology: R (dplyr, tidyr, ggplot), Ruby, Python, Java, LaTeX, AMPL, Adobe Illustrator

Languages: Mandarin Chinese (Conversational)

RELATED EXPERIENCE

Factual

Data Engineer Intern

June 2019-August 2019

- Implemented a productive workflow in Ruby that processes data to detect abnormalities in the category distributions of country's in Factual's Places dataset
- Discovered new sources of flaws in data quality
- Created a d3.js visualization tool to model feature distributions of the Places dataset with force-layout

Pomona College Math Department

Research Assistant to Jo Hardin

June 2018-August 2018

- Merged the Bag of Little Bootstraps (BLB) procedure with random forests to create a computationally efficient method of generating predictors with massive datasets (tested on 150 GB); uses parallel computing
- Incorporated the multinomial method from BLB to create an updated CART algorithm of CRAN's randomForest package in C; random forest package implemented in R
- Researched bootstrapping and decision tree algorithms to investigate the effects of BLB on different statistics

Biostatistics Mentor

January 2018-May 2018

- Helped 17 students with assignments that involve handling R packages such as dplyr, ggplot2, and tidyr
- Guided students in learning fundamental statistical concepts such as hypothesis testing and linear models

ADDITIONAL EXPERIENCE

Pomona College Career Development Office

Resources Assistant

September 2016-December 2018

- Maintained and updated a career library database of over 3,000 entries for students to easily reference
- Streamlined career services for a variety of visitors including recruiters, students, and alumni

Pomona College Outdoor Education Center

Backpacking Leader

August 2018

- Led 13 incoming freshmen on a 4-day backpacking trip in the Domelands Wilderness; averaged 6 miles a day
- Cultivated a sense of outdoor responsibility and appreciation using Leave No Trace ethics

Pomona College Asian American Resource Center

Mentor

August 2017-May 2018

- Mentored 9 Asian-American freshmen by building a comfortable community to process racial identity
- Co-led the WTHisDiversity campaign that prompted students to change Pomona College's diversity policy

ACTIVITIES AND LEADERSHIP

Liaison, Pomona College Mathematics Department

August 2018 – Present

Intern, Pomona College Asian American Resource Center

September 2017 - Present

Probability Grader, Pomona College Mathematics Department

September 2017 - Present

SHANA SAGEHEN

CLAREMONT, CA 91711 • 909.555.1212
SHANA.SAGEHEN@POMONA.EDU

EDUCATION

Pomona College, Claremont, CA
Bachelor of Arts in Philosophy, Politics, and Economics May 2020
3.79/4.0 GPA
Relevant coursework: Ethics, American Constitutionalism, Logic, Macroeconomics, Advanced Microeconomics

RELEVANT EXPERIENCE

Federal Reserve Bank of San Francisco, GOLD Intern, San Francisco, CA May 2019 – Present

- Collaborate with outside staff to develop a process for converting older records from paper to electronic format
- Assist with enhancement and rollout of a conflicts of interest database designed to streamline record keeping; Analyze conflicts of interest content on the intranet and provide recommendations for an improved presence
- Responsibly handle highly sensitive and confidential information in accordance with Bank policies

Pomona College Judicial Council, Appellate Chair, Claremont, CA Aug 2017 – Present

- Hear and deliberate cases involving Pomona students who have alleged policy violations
- Participate in discussion and recommend improvements for equalizing and standardizing the student code

Office of Housing and Residential life at Pomona College, *Resident Advisor*, Claremont CA Aug 2017 – Present

- Develop and maintain an amicable residential community while supporting student safety, success, and growth
- Engage various departments to strategically plan faculty and staff engagement opportunities for over 200 students
- Employ conflict resolution trainings during enforcement of college policy

Veterans Legal Institute Law Clerk, Santa Ana, CA Jan 2019 – May 2019

- Policy analyst for in-house think-tank; analyze intake forms for eligibility and discharge upgrades
- Authored an article on the Military Recruitment of low-income students for *Veteran's Legal Institute on Point*

Los Angeles Cleantech Incubator Diversity and Inclusion Intern, Los Angeles, CA Aug 2018 – Jan 2019

- Systematize a structured entrepreneurial pipeline for startups that are 51% minority or women owned
- Research and adapt the best practices of other incubators to current company ethic

City of Berkeley, Summer Chief Legislative Intern for City Councilmen Ben Bartlett, Berkeley, CA May 2018 – Aug 2018

- Drafted and presented new ordinance proposals for city council consideration; Delegated and assessed intern tasks
- Composed responses to constituent concerns and conducted community outreach
- Researched and evaluated city regulations; Provided detailed reports on current events relevant to ordinance enforcement; Updated city databases and website regularly

Office of the Dean of Pomona College, Student Affairs Committee member, Claremont, CA Aug 2017 – May 2018

- Approve and amend campus policies such as demonstrations and free speech, temporary leave guidelines, post-hospitalization procedures, and enforcement conduct
- Successfully amended college drug and alcohol policy sanctions to a point system with the goal of promoting equality

CO-CURRICULAR ACTIVITIES

Research Fellow, Harvey Mudd College Biology Department, Pomona College Neuroscience Department, Claremont, CA
Mentor, Office of Black Student Affairs, Pomona College, Claremont, CA
Volunteer, Draper Center for Community Partnerships, Pomona Hope, Pomona, CA
Volunteer, Friends of Adeline, City of Berkeley, CA

HONORS AND AWARDS

Finalist, Maryville STEM Research Competition
Hillman Scholar, Hillman Scholars Scholarship Program
Presenter, Howard Hughes Medical Institute

SKILLS

Language: Spanish (Intermediate)
Software Experience: Ektron Web Design, Beginner Adobe Illustrator, Intermediate Publisher and Photoshop

Santiago Sagehen

Santiago.sagehen@pomona.edu ■ 909.123.4567
linkedin.com/in/santiagosagehen/ ■ github.com/santiagosagehen

EDUCATION

Pomona College Claremont, CA
Bachelor of Arts, Computer Science May 2020
GPA: 3.8, ACT: 34/36

Relevant Courses: Algorithms, Machine Learning, Database Systems, Software Development, Computer Systems, Computability & Logic, Data Structures and Advanced Programming, Linear Algebra, Discrete Math, Introduction to Engineering

SKILLS

Technical: Fluent in Java, C, HTML, and CSS; Familiar with Bash, Python, C++ and JavaScript; Basic understanding of XML, Haskell, SolidWorks, Android Studio and SML

Language: Native Spanish speaker

LEADERSHIP

Pomona College Computer Science Department Claremont, CA
Student Liaison Sept 2018-Present

- Foster an inclusive environment in the computer science department
- Coordinate community-building and career-related activities for students and faculty

Claremont Colleges 5C Hackathon Claremont, CA
Organizer/Participant Sept 2017-Present

- Plan Claremont Colleges consortium-wide annual 24-hour event
- Created web application to help students transition to college

EXPERIENCE

Massachusetts Institute of Technology Cambridge, MA
Research Assistant June 2019-Aug 2019

- Contributed to open-source development of Python visualization software to allow constituents to interact with state-of-the-art galaxy evolution simulations
- Led a team of four undergraduates to produce project deliverables for the Primary Investigator

Pomona College Quantitative Skills Center Claremont, CA
Computer Science Mentor Sept 2018-Present

- Tutor students on computer science concepts

Pomona College Computer Science Department Claremont, CA
Teaching Assistant and Summer Research Assistant Jan 2018-Aug 2018

- Mentored 30 students weekly and graded programming assignments
- Wrote tests to obtain data about Bash commands and system calls from them
- Archived data in order to make it accessible and sortable to faculty

COCURRICULAR EXPERIENCE

Pomona-Pitzer Football team, Punter Sept 2016-Present
Pomona Partners, Volunteer January 2017-May 2018
Saint Joe's Children's Center, Volunteer Summer 2017

Action Verbs

Use the most powerful and expressive verbs possible to accurately describe what you accomplished.

Communication

Address	Convey	Formulate	Network	Report
Advertise	Convince	Incorporate	Observe	Resolve
Advise	Correspond	Influence	Outline	Respond
Aid	Define	Inform	Participate	Solicit
Arbitrate	Describe	Interact	Persuade	Specify
Arrange	Develop	Interpret	Present	Speak
Ascertain	Direct	Interview	Promote	Suggest
Author	Document	Involve	Publicize	Summarize
Brief	Draft	Lecture	Publish	Synthesize
Clarify	Edit	Market	Question	Translate
Collaborate	Educate	Mediate	Recommend	Write
Communicate	Enlist	Meet	Reconcile	
Compose	Explain	Moderate	Recruit	
Consult	Express	Motivate	Refer	
Contact	Follow-up	Negotiate	Reinforce	

Creative

Act	Develop	Fashion	Modernize	Remodel
Adapt	Direct	Formulate	Modify	Renovate
Advertise	Discover	Illustrate	Originate	Replace
Broaden	Display	Imagine	Perform	Revise
Combine	Draft	Improvise	Photograph	Revitalize
Compose	Dramatize	Initiate	Pioneer	Shape
Conceive	Draw	Institute	Plan	Sketch
Conceptualize	Entertain	Integrate	Present	Spearhead
Conduct	Establish	Introduce	Produce	Start
Create	Execute	Invent	Recommend	Stimulate
Customize	Exhibit	Market	Redesign	Strategize
Design	Explore	Model	Rehearse	Transform

Analytical/Financial

Account for	Develop	Multiply	Reform	Staff
Administer	Estimate	Perform	Regard	Strengthen
Allocate	Evaluate	Plan	Relate	Submit
Analyze	Figure	Prepare	Relieve	Substantiate
Appraise	Finance	Procure	Remedy	Suggest
Audit	Forecast	Project	Research	Supplement
Balance	Maintain	Provide	Reserve	Sustain
Budget	Manage	Purchase	Revive	Tailor
Calculate	Market	Raise	Satisfy	Transfer
Compute	Measure	Rate	Scrutinize	
Control	Minimize	Reconcile	Secure	
Correct	Mobilize	Reduce	Sought	
Determine	Monitor	Refine	Settle	

Management/Leadership

Accomplish	Conduct	Employ	Increase	Realize
Account for	Confirm	Enforce	Initiate	Recommend
Administer	Consent	Enhance	Institute	Recruit
Adjust	Consolidate	Establish	Lead	Regulate
Analyze	Contract	Evaluate	Leverage	Reorganize
Appoint	Consult	Examine	Maintain	Replace
Approve	Coordinate	Execute	Manage	Review
Assign	Correlate	Expand	Merge	Revitalize
Assume	Convince	Facilitate	Motivate	Reward
Attain	Cultivate	Formulate	Orchestrate	Save
Centralize	Decide	Found	Organize	Schedule
Certify	Decrease	Fulfill	Overhaul	Set goals
Chair	Delegate	Generate	Oversee	Streamline
Change	Determine	Grow	Perfect	Strengthen
Choose	Develop	Handle	Plan	Supervise
Commission	Devote	Head	Preside	Terminate
Commit	Direct	Hire	Prioritize	Unify
Conceptualize	Dispense	Implement	Produce	
Conclude	Eliminate	Improve	Propose	
Condense	Emphasize	Incorporate	Protect	

Organization/Time Management

Achieve	Contract	Generate	Plan	Schedule
Approve	Control	Identify	Prepare	Screen
Arrange	Coordinate	Incorporate	Prioritize	Set up
Assign	Correct	Implement	Process	Shape
Catalogue	Decide	Inspect	Produce	Specialize
Categorize	Delegate	Integrate	Purchase	Specify
Classify	Develop	Join	Record	Streamline
Code	Diagram	Log	Reorganize	Substitute
Collaborate	Distribute	Maintain	Reshape	Standardize
Collect	Establish	Monitor	Respond	Systematize
Compile	Enlist	Negotiate	Retrieve	Tabulate
Conserve	Execute	Obtain	Revamp	Target
Consolidate	Expedite	Operate	Review	Update
Consult	Extract	Organize	Revise	Validate

Drive/Motivation/Results

Accelerate	Contribute	Extend	Measure	Standardize
Accomplish	Decrease	Fortify	Obtain	Succeed
Achieve	Double	Improve	Pioneer	Transform
Add	Effect	Increase	Prove	Trim
Advance	Eliminate	Initiate	Reduce	Triple
Attain	Enlarge	Introduce	Re-establish	Validate
Augment	Establish	Launch	Resolve	Widen
Award	Exceed	Lower costs	Restore	Win
Complete	Excel	Map	Select as	
Compound	Expand	Maximize	Stabilize	

Quantitative/Research

Accumulate	Compare	Extract	Interest	Organize
Acquire	Compute	Extrapolate	Interpret	Process
Amplify	Conduct	Evaluate	Interview	Prove
Analyze	Correlate	Formulate	Investigate	Research
Approximate	Critique	Gather	Involve	Review
Ascertain	Diagnose	Grow	Issue	Study
Attest	Design	Guarantee	Judge	Summarize
Authorize	Detect	Hypothesize	Justify	Survey
Bolster	Determine	Identify	Lead	Systematize
Boost	Discover	Index	License	Test
Calculate	Disprove	Infer	Link	Train
Catalogue	Dissect	Innovate	Locate	Trouble-shoot
Chart	Evaluate	Inspect	Minimize	Verify
Clarify	Examine	Inspire	Modify	
Collect	Experiment	Institute	Monitor	

Teaching/Counseling/Helping

Accept	Cooperate	Focus	Listen	Set standards
Adapt	Coordinate	Generate	Model	Simplify
Advise	Correct	Guide	Modify	Solicit
Analyze	Critique	Head	Motivate	Speculate
Apply	Define	Hypothesize	Observe	State
Appraise	Demonstrate	Identify	Organize	Stimulate
Appreciate	Designate	Implement	Participate	Structure
Assess	Develop	Incorporate	Persuade	Support
Assign	Direct	Indicate	Postulate	Synthesize
Attend	Discipline	Individualize	Praise	Systematize
Categorize	Educate	Inform	Provoke	Teach
Challenge	Elaborate	Initiate	Question	Thank
Clarify	Elicit	Inquire	Reinforce	Theorize
Coach	Enable	Instill	Represent	Train
Command	Encourage	Instruct	Rephrase	Tutor
Communicate	Evaluate	Integrate	Research	Verify
Compliment	Explain	Interact	Reward	
Conduct	Facilitate	Investigate	Set goals	

Technical

Activate	Coordinate	Disperse	Formulate	Remodel
Adapt	Create	Display	Fortify	Repair
Apply	Customize	Elevate	Implement	Resolve
Appraise	Debug	Endorse	Install	Retrieve
Assemble	Decipher	Enforce	Integrate	Screen
Begin	Dedicate	Engineer	Maintain	Sell
Build	Define	Enhance	Navigate	Service
Calculate	Deliberate	Enrich	Operate	Solve
Compute	Deliver	Excel	Overhaul	Streamline
Configure	Design	Exercise	Participate	Supply
Conserve	Detect	Exhibit	Program	Survey
Consolidate	Determine	Fabricate	Reconfigure	Train
Construct	Devaluate	Familiarize	Rectify	Trouble-shoot
Contrive	Develop	Finalize	Regulate	Upgrade
Convert	Devise	Form	Rehabilitate	

Curriculum Vitae (CV)

What is a curriculum vitae?

A curriculum vitae (CV) is a written overview of a person's experience and other qualifications. CVs are most commonly used for academic applications, such as graduate school or fellowship applications. Some countries also use a CV format instead of a résumé. The focus of a CV is to present a picture of the applicant in a scholarly context. CVs contain information about research publications, academic presentations, teaching, and academic conferences attended. The length of a CV is typically two or more pages.

Sample CV section headings may include, but are not limited to

- Education
- Community Service
- Laboratory Experience
- Relevant Coursework
- Software Skills
- Presentations
- Fellowships/Grants
- Summer Education
- Publications
- Teaching Experience
- Work Experience
- Languages
- Special Training
- Research Experience
- Honors/Awards
- Honors Thesis
- Fieldwork
- Internship Experience
- Study Abroad/Travel
- Conferences
- Poster Sessions
- Shadowing Experience
- Professional Affiliations
- Relevant Experience
- Leadership Experience
- Certifications/Licensure

PENELOPE D. POMONA

Bethany, CT 06524 (203) 621-4747 penelope.pomona@gmail.com

EDUCATION

Bachelor of Arts, Biology, GPA 4.0

May 2020

Pomona College, Claremont, CA

- Senior Thesis: "Citizen Science: A Valuable Tool for Urban Biodiversity Research"

RESEARCH AND LEADERSHIP EXPERIENCE

Research Assistant

May – July 2019

Pomona College Department of Biology

Costa Rica

- Collected specimens and ran female mate choice experiments with *Agalychnis callidryas*, red-eyed tree frogs, in order to research differences in mating behavior by population

Teaching Assistant

Sept 2018 – May 2019

Pomona College Department of Biology

Claremont, CA

- Tutored students of Introductory Ecology and Evolutionary Biology at weekly mentor sessions
- Aided students during the laboratory section of Introductory Ecology and Evolutionary Biology
- Ran mentor sessions to assist students with problem sets for Introductory Genetics

Research Assistant

Jan 2018 – May 2019

Pomona College Department of Biology

Claremont, CA

- Researched the effects of urbanization on the distribution of Southern California reptile and amphibian communities, and the utility of citizen science for collecting viable distributional data
- Captured live lizards for measurement and blood collection
- Dissected preserved lizard specimens and collected gut content for identification
- Cared for White's Tree Frogs in the Pomona College Department of Biology vivarium

Research Assistant

May 2017 – May 2019

Robert J. Bernard Biological Field Station

Claremont, CA

- Howard Hughes Medical Institute summer research grant recipient for 2013, hired thereafter
- Studied the effects of urbanization and wildfires on the arthropod community of the endangered coastal sage scrub ecosystem of Southern California. Specialized in the identification of spiders

Student Farm Leader and Academic Coordinator

Apr 2017 – May 2019

Pomona College Organic Farm

Claremont, CA

- Organized and ran workshops and events about organic farming practices
- Arranged and led Farm tours for elementary school, high school and college student groups
- Scheduled use of the Farm for academic purposes with Pomona College professors
- Managed Farm affairs, \$2000 annual budget, planting and maintenance with other Farm Leaders

NSF REU Independent Research

June – Aug 2018

Rocky Mountain Biological Laboratory

Crested Butte, CO

- Conducted independent research investigating the effect of pollen type on parasitism, development, and survival rates of parasitic wasps in the genus *Sapyga*
- Administered independent research investigating the effect of floral orientation in *Mertensia ciliata* on fruiting success, seed set and pollinator visitation behavior

Orientation Adventure Leader

Aug 2018

Pomona College Outdoor Education Center

Claremont, CA

- Led 11 first-year students on four-day orientation trip to Yosemite National Park with co-leader
- Mediated conflicts and facilitated team-building activities

Pomona College Sponsor

Sept 2017 – May 2018

Pomona College Office of Campus Life

Claremont, CA

- Lived with 14 first-year students throughout the year to help with personal and academic problems
- Planned social and educational group activities along with a co-sponsor

Rooftop Garden Environmental Mentor

The Draper Center for Community Partnerships

Sept 2017 – May 2018

Claremont, CA

- Mentored local high school students (Teen Green) interested in environmental issues
- Ran the Pomona College Rooftop Garden with Teen Green students and other mentors
- Led biweekly workshops on sustainability and environmental issues with a Teen Green student partner

Classroom Assistant

Vista Elementary School

Jan 2017 – May 2017

Claremont, CA

- Assisted in after school homework help program and a third grade classroom for several hours each week

Field Assistant

ASVO Matapalo

Aug 2015 – July 2016

Matapalo, Costa Rica

- Managed ASVO Matapalo sea turtle conservation project with other administrators
- Collaborated with staff of researchers to collect data about sea turtle nesting habits and survival rates
- Organized and led groups of international volunteers in sea turtle and beach conservation projects
- Trained new volunteers in sea turtle conservation techniques and proper handling of animals
- Planned and constructed sea turtle beach hatchery

AWARDS AND GRANTS

Thoreau Scholar (2017 – 2018)

NSF REU summer research grant (2017)

Marshall Scholarship Finalist (2017)

Howard Hughes Medical Institute summer research grant (2016)

Downing Scholarship Finalist (2017)

Pomona College Scholar all semesters

PUBLICATIONS AND PRESENTATIONS

Staubus, W.J., Boyd, E.S., Adams, T.A., **Pomona, P.D.**, & Meyer, W.M. 2019. Ant communities in native sage scrub, non-native grassland, and suburban habitats in Los Angeles County, USA: conservation implications. *Journal of Insect Conservation*. In publication.

Kaiser, K., Caruso, M.F., Gormally, B.M., **Pomona, P.D.**, & Pauly, G.B. 2019. Spatiotemporal patterns in lizard digestive-tract parasite diversity and abundance across the Los Angeles Basin. Invited presentation at the International Urban Wildlife Conference Annual Meeting, Chicago, IL.

Meyer, W. M., III, M. W. J. Staubus, M. Wheeler, & **Pomona, P.D.** Conservation importance of native coastal sage scrub and non-native grassland habitat patches in urban/suburban Los Angeles County, California, USA. 100th Annual Ecological Society of America Meeting, August 2018.

Pomona, P.D. Asteraceae pollen specialization affects vulnerability to brood parasitism in mason bees. Rocky Mountain Biological Laboratory Research Symposium, May 2018.

Pomona, P.D. Preserving spider biodiversity in suburban Southern California. Howard Hughes Medical Institute Summer Research Symposium, August 2017.

LABORATORY AND FIELD SKILLS

- Identification of spider species and insect families using dissecting microscope
- Extensive dissection experience with lizard specimens
- Proper handling of live animals, including sea turtles, tree frogs, and fence lizards
- Wilderness First Aid certified

COMPUTER AND LANGUAGE SKILLS

LANGUAGE – Spanish, written and conversational proficiency

COMPUTER – Statistical software including R, IBM SPSS, Primer, JMP; Microsoft Excel, Microsoft PowerPoint; ArcGIS and GPS technology

References

What is a list of references?

The majority of employers will ask for a list of at least three references that they will contact prior to making you an offer. You should always ask permission of persons serving as your references before providing their name and contact information to an employer.

Employers want references who can attest to you as an employee, so current or previous supervisors/employers are best. It is also perfectly acceptable to use business acquaintances, professors, academic advisers, and volunteer leaders as your references.

What to include:

- Reference name
- Job title
- Organization they work for
- Address (Street, city, state, zip code)
- Email and Phone number
- Relationship to you (supervisor, professor)

EXAMPLE OF REFERENCES LIST FORMAT

Your Name
Address, phone number and email

REFERENCES

Reference Name #1
Job title
Organization
Address (Street, city, state, zip code)
Email
Phone number
Relationship to you

Reference Name #2
Job title
Organization
Address (Street, city, state, zip code)
Email
Phone number
Relationship to you

Reference Name #3
Job title
Organization
Address (Street, city, state, zip code)
Email
Phone number
Relationship to you

Cover Letter Basics

What is a cover letter?

A cover letter or letter of interest should always accompany each résumé and/or application. It is an essential part of the job search process. This letter introduces you and your résumé, explaining both your reasons for writing and your qualifications for the position. If the cover letter is to be mailed, it should be typed in business format and printed on the same color and quality of paper as your résumé. If it is sent electronically, the cover letter and résumé should be made into a single PDF file.

Cover Letter Guidelines

- **Always Target Your Message**

A cover letter that shows how your skills and experience relate to the specific position is more effective than a generic “all-purpose” cover letter.

- **Highlight Your Accomplishments With Measurable Results**

Show how your credentials match the requirements of the job. Incorporate information that reflects your knowledge of the organization, its industry and relevant issues. This is the perfect place to “editorialize” about the accomplishments cited in your résumé.

- **Show What You Have To Offer**

Make sure you demonstrate how your skills, expertise and past accomplishments can benefit the employer. This is your opportunity to make yourself more attractive to the employer by showing that you have something the employer can use. The cover letter is not the place to be self-serving.

- **Use Standard Business Protocol**

Write clearly and concisely, and check your letter for spelling and grammar. Employers have disqualified good candidates because the cover letter was poorly constructed.

- **Send Your Letter To A Specific Person**

Identify the person who is likely to make the hiring decisions. It may require resourcefulness and tenacity, but the benefits will outweigh the time and effort. You may need to make several phone calls to learn the contact’s name, correct spelling and title.

Example of Cover Letter Format

Name

Address • Phone Number • Email

Current Date

Mr. or Ms. Employer

Title

Organization

Street Address

City, State, Zip

Dear Mr. or Ms. Employer:

First Paragraph: Tell why you are writing. Name the position, field, or general area you are applying for at the organization. Tell how you heard of the opening or organization. If a current employee suggested that you follow up on this opening, include his or her name here. You should also include why you are interested in the position using specific information about the organization/position.

Second/Third Paragraph: Tell how your qualifications match the ones the employer is seeking. Be specific by giving examples. Additionally, mention one or two qualifications you think would be of greatest interest to the employer, ones that were not directly asked for, but that you believe would be beneficial and help you stand out among other candidates. Tell why you are particularly interested in this type of work. If you have had related experience or specialized training, point it out. Expand on the information stated in your résumé.

Final Paragraph: Reiterate your interest, request to learn more about the position, and thank the reader for his/her consideration as you close the letter. If you mention that you will follow up, be sure to do it. It is recommended to follow up in some industries, but for others it is not. Check to see what category your industry falls into. Let reader know how you can be reached by including contact information.

Close Your Letter:

Sincerely,

Your signature

Type your name

COVER LETTER EXAMPLE 1

CATHY HUNTLEY
700 Seaver Place ▪ Claremont, CA ▪ 91711 ▪ 909-607-0111

Header - student's name is **bolded** and in CAPS to stand out

cathy.huntley@pomona.edu

Lists an email address that is appropriate and easily identifiable to employer

Current Date

Rachel Rains
Executive Director
Health Access for All
123 Mountain Place
Main Town, CA 90005

This section mentions a particular class and how the knowledge relates to the position

Clear and concise introduction

Highlights a specific aspect of the organization that is appealing

When possible, address to a specific person

Dear Ms. Rains,

I am writing to apply for the Marketing Intern position at Health Access for All. I am a sophomore majoring in Public Policy Analysis with emphasis in Biology at Pomona College. I learned about this position through Pomona College's Career Development Office. What attracted me to your organization is its clear mission to enhancing the wellness of those who lack access to adequate healthcare through education and outreach.

Last semester, I took a class titled, "The Politics of Food and Community" and studied how the lack of access to healthy food options for a community directly impacts the health and well-being of its residents. What was encouraging and inspiring about this class is how we examined communities that took a grassroots approach to advocating for greater health access through new park development and the availability of grocery stores offering affordable healthy food options (such as locally-sourced produce). In this internship, I would use this knowledge to present ways that Health Access for All can educate the community about food injustices through the organizations' website and ways that residents and community leaders can advocate for greater health access.

In addition, I currently serve as the Student Liaison for the Public Policy department at Pomona College. Through this experience, I have developed skills in effectively planning and marketing events. For example, I was responsible for **planning** a panel of education policy leaders last spring and I learned to **manage time effectively**, widely **market** the event to students, and **collaborate** with faculty to identify speakers. I would use these skills to effectively manage my time and plan community outreach events for Health Access for All.

I welcome the opportunity to put my skills and experience to work for Health Access for All and look forward to further discussing my qualifications in person. Thank you for your time and consideration. I can be contacted at 909-607-0111 or at cathy.huntley@pomona.edu.

Sincerely,

Cathy Huntley
Cathy Huntley

An electronic signature is not necessary, using a script font is suffice (font used: **freestyle script**)

Identifies ways this knowledge can be applied to benefit the organization

Specific skills are teased out from this experience (see highlighted phrases).

MATTHEW MUDD

100 Oldenborg Place ▪ Claremont, CA ▪ 91711 ▪ 909-607-0134 ▪ mgm4747@pomona.edu

Current Date

Mr. Hugh R. Hired
Human Resources
Sumner Center
500 Mills Circle
Central Town, CA 90001

Dear Mr. Hired:

I am applying for the opportunity to become a Case Management Intern at the Sumner Center which I learned about through your organization’s website. Majoring in Psychology at Pomona College with a strong interest in social services and case management, I was drawn to your organization as it has a strong reputation for providing quality case management services and helpful resources to individuals living with chronic illnesses in the Inland Empire.

Working with psychiatric patients at a men’s public mental health hospital in Buenos Aires allowed me to interact directly with a population that experiences not only psychological problems, but also legal and personal disputes. Through my experience at the hospital, I learned to remain calm around people with mental, behavioral, and personal difficulties and interact in a respectful and professional manner. These personal qualities would be beneficial in working with individuals with chronic illnesses as this population also has specific physical and psychological needs.

In addition, my experience working at the Office of Campus Life as an Office Assistant has developed my skills in administrative duties which would be beneficial to this internship. At the Office of Campus Life, I learned to perform a variety of office duties and honed my communication skills and ability to work independently.

I am excited about this opportunity and hope that you will consider me as a viable candidate for this position. I can be reached at 909-607-0134 or mgm4747@pomona.edu. Thank you and I look forward to hearing from you.

Sincerely,

Matthew Mudd

Matthew Mudd

IMA NEWGRAD

1234 Pomona Way • Claremont, CA 91711 • 909-607-0000 • ima.newgrad@pomona.edu

Current Date

Liv Dawork
Product Design Director
Ingenious Toy Company
1 Andonly Way
Job Town, CA 90000

Dear Ms. Dawork:

I am writing to apply for the position of Product Design Assistant, which I learned about through the Career Development Office. As a graduating senior at Pomona College, I am interested in the position because it offers the opportunity to use my graphic design background, my interest in foreign languages and cultures, as well as the chance to put my skills to work in the toy manufacturing industry.

As an intern for ABC Toys, I honed my creative and market research skills in toy design development. Through this internship, I assisted the creative development team in creating illustrations by using Adobe Illustrator for a toy aimed at helping kids ages 2-4 to identify animals that live in jungles. My internship also afforded me the opportunity to gain a great perspective on how the toy manufacturing industry functions. Additionally, I spent several summers working with children as a camp counselor, which provided me with tremendous insight into children's interests and activities. These experiences combined with my enthusiasm and ability to learn quickly make me an excellent match for the position.

In learning about the Ingenious Toy Company, I found it interesting that there are various products that help kids learn basic words and phrases in French and Italian. I have travelled throughout Europe and understand the importance of an awareness of other cultures and traditions and desire to be part of a company that also shares those values.

I would welcome the opportunity to put my skills and experience to work for Ingenious Toy Company and look forward to further discussing my qualifications with you in person. I can be reached at 909-607-0000 or by email at ima.newgrad@pomona.edu. Thank you for your consideration.

Sincerely,

Ima Newgrad

Ima Newgrad

Sarah Sagehen

(301) 123-4567

170 E 6th St., Suite ABC, Box 123, Claremont, CA 91711sarah.sagehen@pomona.edu

Current Date

Ms. Ima Recruiter
Human Resources
The Urban Institute
2100 M Street, NW
Washington, D.C. 20037

Dear Ms. Recruiter,

I am writing to request an interview for a Research Assistant position at the Urban Institute. While I would be delighted to work anywhere in the organization, I am particularly interested and qualified to support research initiatives in the Metropolitan Housing & Communities Policy Center. I grew up in the D.C. area, where my mother is a Civil Rights lawyer who specializes in housing discrimination, so I have been familiar with the work of the Urban Institute for years. I found out about this opening through my school, Pomona College, which is part of the Selective Liberal Arts Consortium (SLAC).

My extensive independent research on urban and environmental justice issues makes me a strong candidate for the Research Assistantship. In the attached résumé, I describe a ten-week independent summer research project in which I investigated the effects of discriminatory housing policies on black communities in Richmond, California. The National Fair Housing Alliance presented my research at its annual Fair Housing Fundamentals School to illustrate the way governments implement segregation. One of my findings was that governing officials and city planners literally built their goals into the map of Richmond; politics shaped the urban landscape. This conclusion gives me an appreciation for the way the Urban Institute applies its research through policy recommendations.

In addition to a nuanced understanding of the forces that define urban life, I have gained hard fact-finding and analytical skills through my research. The methods for my independent research have been more historical or anthropological than quantitative, but I have a thorough urban economics background and classroom experience with economic data analysis using ArcGIS and Stata. My independent research has also given me knowledge of the research process that comes only through trial and error: I have dealt with wary and hostile interviewees; I have spent two weeks pursuing a line of investigation, only to find that it was not the most important issue, and to redefine my project and start over.

I have proven my commitment to urban issues through my academic program at Pomona. I decided I wanted to major in Urban Studies during my sophomore year. Like the other SLAC schools, Pomona is too small to have an Urban Studies department. It did have the courses and faculty expertise to support a major. In conjunction with my academic advisor, I designed a new track through the Environmental Analysis major that will allow me to complete a program of study that is virtually identical to the undergraduate Urban Studies program at the University of Pennsylvania.

I believe these qualifications, as well as those listed on my résumé, would make me an asset to a research team at the Urban Institute. Thank you for your attention, and I look forward to hearing from you soon. I can be reached at (301) 123-4567.

Sincerely,

Sarah Sagehen

Sarah Sagehen

Thank You Letters/Emails

After the interview, it is important to send a Thank You Letter or Email to the individual(s) who interviewed you. If it was an initial interview with a group and you could interview again, you can choose to send a group letter/email, but if there was only one interview before a decision is made, you may want to customize a letter/an email to each person. It is an opportunity to highlight your strong points while demonstrating an interest in continuing the interview process. An excellent thank you letter is:

Brief – It is just a few paragraphs.

Timely – It is written within 24 hours after the interview.

Polite – Thank the interviewer for his or her time.

Positive – Highlight and re-emphasize your skills/abilities relevant to the position.

Informative – Include any brief post interview information which would be helpful to the recruiter.

Example of Basic Thank You Letter Format

Your Name
Address, phone number and email

Date

Name, address of person to whom you are addressing the letter

Dear Mr./Ms. _____:

Paragraph one: A concise thank you and a quick reminder of where/when the interview took place. Mention the positive aspects of your conversation.

Paragraph two: Show understanding of the employer's situation, needs of the organization and position. Reiterate or imply what you have to offer the organization and position. Give a summary of your skills/abilities that are relevant to the position.

Closing Paragraph: Reaffirm your interest in the position. Advise them you would be willing to supply additional information. Thank them and let them know you are looking forward to hearing from them soon.

Close your Letter: Sincerely, sign your name and type your name.

June Grad

689 Martin Way · Pasadena, CA 90056 · 626-555-7648 · june.grad@pomona.edu

Current Date

Mr. Leon Sexton
Accenture
111 Green Street, Suite 534
Los Angeles, CA 94105

Dear Mr. Sexton:

It was a pleasure meeting with you on Thursday to discuss my interest in working in Strategic Services at Accenture. I appreciate hearing about your experiences and your enthusiasm for the work you currently do.

Our conversation confirmed my belief that Accenture would be a good fit for me. I believe that I would be a valuable asset to the firm because of my capacity to probe into complex problems, formulate creative solutions that are appropriately aligned with business strategy, and implement these solutions with clients. I have already performed many of these functions successfully as an intern for Bain & Co., and I would be excited by the opportunity to apply and broaden my skills at Accenture.

Thank you for your time and consideration. I look forward to hearing from you soon. If you have any questions or would like additional information, please do not hesitate to call me at (626) 555-7648.

Sincerely,

June Grad
June Grad

GILLIAN ANDERSON

1234 College Way · Claremont, CA · 91711 · 909-607-0000 · gg4747@pomona.edu

Current Date

Ms. Peggy Williams
Director, Human Resources
People USA
10 Woodridge Road
Lexington, KY 40502

Dear Ms. Williams:

Thank you for speaking with me this past Thursday about the field of Human Resources. Although, I had read extensively about careers in this area, your first-hand knowledge was invaluable to my understanding of the Human Resource field and its potential for someone with my interests and education.

I particularly enjoyed our discussion of the applications of counseling as it relates to working with employees as a Human Resource representative. This aspect of Human Resources appeals to me greatly and certainly must be taken into account when I finally determine the career I wish to follow.

Again, thank you for your time and for the pertinent information you provided.

Sincerely,

Gillian Anderson
Gillian Anderson

Finding Off-Campus Research Opportunities

In your search for finding research opportunities that fit your interests, you may explore potential off-campus opportunities. There are several ways to identify these potential opportunities. Ask your professors if they have any recommendations or referrals. You can also look up the authors of peer-reviewed journal articles. Take the time to gather information on professors at other academic institutions who are conducting research related to your interests. After identifying individuals you would like to work with or research labs you'd like to work in, inquire about opportunities by emailing the professor or principal investigator in charge of the research center. Here are some tips for crafting your introductory email:

- **Be formal**— Your email should use proper greetings and a signature; address the faculty member by their title
- **Be Concise**— Highlight the information you already know and offer a clear, direct message regarding your inquiry
- **Be Grammatical**— Use professional punctuation, capitalization, spelling and grammar
- **Be Informative**— Offer the necessary information about any openings or personal qualifications for this position; offer an informative subject line

SAMPLE EMAIL

SUBJECT: Summer 2020 Research Assistant Opportunity

Dear Dr. Smith,

My name is Polly Pomona and I am a third year chemistry student at Pomona College. Throughout my coursework, I have developed an interest in nanoscience and would like to further my experience through a research opportunity. I recently read your 2014 paper, "Thermal Expansion in Nanomaterials" when I took CHEM185: Soft Nanomaterials with Professor Johal. I was fascinated by the results found in this research and would like to assist you with your current research projects as a Research Assistant.

Would you have any availability in the next few weeks to discuss any potential research opportunities with your department? I am available Monday-Thursday any time after 12pm Pacific time. I have attached my résumé to this email for your reference, which includes my current research experience. Thank you for your consideration and I look forward to hearing from you soon.

Sincerely,

Polly Pomona
polly.pomona@pomona.edu
747-474-7474

Letters of Recommendation

What is a letter of recommendation?

A letter of recommendation or letter of reference is a document in which the writer assesses the qualities, characteristics, and capabilities of the person being recommended in terms of that individual's ability to perform a particular task or function. Graduate schools, professional schools, fellowship programs and some employers will request letters of recommendation. Try to have at least three people who can speak on your behalf as three letters of recommendation is standard. Ask only those individuals who know you well enough to write a meaningful reference and avoid using personal references such as friends or family.

Letters of Recommendation Guidelines

- **When to Ask:**
- Planning is the key! If you want someone to write a strong letter of recommendation, you will need to make an early effort to get to know them so that they can write about your academic and professional strengths.
- Be sure to give your writer enough time; give them at least 2-3 months prior to any application deadline.
- **Whom to Ask:**
 - Professors
 - Employers/Internship supervisors
- **How to Ask:**
 - Email or call first to see if the potential author would be willing to serve as your reference. If so, set up a meeting during office hours.
 - Explain the purpose of the letter.
- **What to Provide:**
 - List of all people/organizations/programs that are requesting the letter
 - List of all deadlines and any particular paperwork they may need to fill out
 - Résumé/CV/Cover Letter/Personal Statement/Statement of Interest/Research Proposal
 - Any supplement information that the writer would need to write a strong letter
 - Unofficial copy of your transcripts
 - Envelope and stamps (make sure you have enough postage) if they will be sending out the letter via U.S. Mail
 - Instructions for online submission, if necessary
- **Follow-Up:**
 - If you have not received a notification and your deadline is near, you will need to contact your recommender to remind them to complete your reference letter.
 - Write "Thank you" notes to your references.